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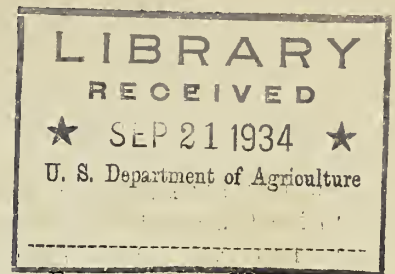
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HOUSEHOLD CALENDAR

Soybeans Unique in Food Value



A radio talk by Miss Ruth Van Deman, Bureau of Home Economics, delivered in the Department of Agriculture period of the National Farm and Home Hour, broadcast by a network of 48 associate NBC stations, Thursday, September 13, 1934.

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MR. SALISBURY: And now for a Household Calendar talk with our regular chairman, Miss Ruth Van Deman, in the chair.

Miss Van Deman, we've missed you these last three weeks, but you look as though you'd had a good vacation.

MISS VAN DEMAN: You're right. A vacation in the country always sets me up.

MR. SALISBURY: And what about the blueberries and the Golden Bantam sweet corn? Were they waiting for you up there in New Hampshire, as you hoped?

MISS VAN DEMAN: Yes, indeed they were. The sweet corn was sweeter than ever this year. The combination of late rains, cool nights, and warm sunshine in the middle of the day certainly put sugar into those corn kernels.

MR. SALISBURY: But wasn't the blueberry season about over?

MISS VAN DEMAN: Oh yes, officially the blueberry season was over. But up on the mountain pastures where we were picnicking one day, we found a lot of fine berries still clinging to the low bushes. We picked our lunch boxes full.

MR. SALISBURY: And concocted one of those famous blueberry puddings I've heard about?

MISS VAN DEMAN: Yes, sir, you're right again. Sorry I couldn't send you a sample. Never mind, blueberries will come again another summer.

Now for a few suggestions about foods in season right now. You've probably been hearing and reading a lot about soybeans lately. Maybe you saw the story in the papers about the soybean dinner out at the fair in Chicago. It so happens that there were many more soybeans planted in the United States this year than ever before. The main idea in growing these beans was to enrich the soil and supply forage for livestock. But soybeans are one of those crops that have many uses. The beans themselves, either green or dry, are good to cook and eat, just like all the other members of the bean and pea tribe. But there's something unique about the food value of soybeans. They are rich in protein, and what's more protein like that in meat, milk, eggs, and fish - "efficient" protein, the nutrition chemists call it. So far as research goes to date, soybeans are the only vegetable

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that contains a protein of chemical composition nearly enough like the animal protein to fall in this class called efficient. The common beans and peas, and wheat and the other cereals, contain some protein too, but its chemical nature isn't of the high order of the protein from animal sources and soybeans. That's why ordinary beans and peas aren't an out-and-out substitute for meat and milk and eggs in the diet. Their protein hasn't the right combination of aminoacids to put it into the "efficient" class. Don't mistake me, though, the protein of all beans and peas is good as far as it goes. But we need a regular supply of "efficient" protein to build and rebuild tissues and keep our bodies healthy and vigorous.

If you have a chance to get hold of some of these green soybeans, try them for the novelty of it and for their food value. There are some varieties grown especially for table use, but the field kinds are good to eat also. Just let me give you this tip on shelling green soybeans. They aren't a bit anxious to leave their pods. In fact, they're very hard to shell. But if you drop them, pods and all, into hot water and boil them for about 3 minutes, then you can get the beans out more easily. Soybeans also often need longer cooking than our ordinary kinds of shell beans. Better allow 30 minutes at least, for the green ones. Dry ones need overnight soaking and then several hours of cooking unless you can shorten the time with a pressure cooker.

We have some mimeographed recipes for cooking soybeans and serving them in a number of ways. I'll be glad to send them to you if you're interested.

And speaking of letters from listeners to the Farm and Home Hour, I had one the other day that interested me very much. Let me read you this part of it:

"I am consumed with a desire to know more of the history of succotash. Is it true that the Indians used plain pole beans, and never lima beans?" She goes on to say: "My Yankee father insists that the Indians never saw limas, and that true succotash, as made in New England, uses plain pole beans. The name of the lima," she continues, "in botanical books is Phaseolus lunatus, variety, macrocarpus. It is said to have grown wild in the United States for sometime, but absolute proof we cannot find. In our family this argument overshadows the shortcake feud, for we do know that strawberry shortcake means biscuit dough!"

Well, food certainly does start some lively family arguments. And I myself got might interested in this bean question when I began delving in great thick books on the history of plants. I found that different kinds of beans were grown by the various tribes of Indians in various parts of North and South America. Some of the early settlers in Florida found the Indians there cultivating limas. Up in New England the colonists found them growing various kinds of beans - some white, some black, red, yellow, blue, and spotted. And practically every early voyager wrote in his journal about the Indians' custom of cooking beans and corn together. So probably the Indians in Florida used lima beans in their succotash and the Indians in Massachusetts used round white beans. Anyway I'm glad we adopted succotash,

name and all, from the Indians. Seasoned with cream or rich milk and butter, succotash is a very delicious dish - and one high in food value also, don't forget. As for the beans in my succotash, I'm broad minded. I'll take it with lima beans, or with kidney beans, pole or bush, white, red, or speckled.

Now, just one other thing, this is still the season for making preserves and pickles in some places. Many of you already have our leaflets, and I'll be gald to send them to any one else who writes to me. We've done a lot of experimental work on preserving and pickling in our laboratories, and all that we've found out is yours for the asking.

Time's up today. And goodbye until next time.

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